

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.

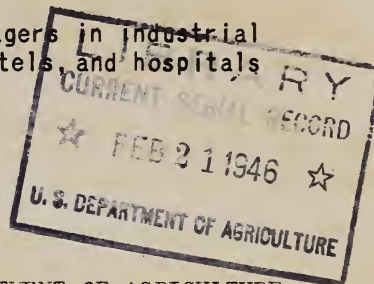


6 X 1550 copies  
11-16-45  
Chgo  
winter Rpts

# SERVING MANY

Food news for food managers in industrial  
plants, restaurants, hotels, and hospitals

Published monthly by



Midwest edition, for Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. U. S. DEPARTMENT OF AGRICULTURE PRODUCTION & MARKETING ADMINISTRATION Food Distribution Programs Branch 5 South Wabash Avenue Chicago 3, Illinois

VOL. II

November, 1945

NO. 5

## Vegetables in Abundance

Carrots, cabbage, cauliflower, white potatoes, and sweetpotatoes will be abundant in most parts of the United States during November. Industrial feeding managers will want to include white potatoes on their daily menus, and to serve the other vegetables frequently while they are plentiful.

### Cauliflower

Cauliflower grown on Long Island will be plentiful this month in the markets of the Northeast, Central West, and South. Cauliflower is delicious when properly prepared, but it often is ruined by overcooking and long standing on the steam table. Cauliflower is an excellent source of vitamin C, and when it is cooked for a short period about three-quarters of this is retained.

Cauliflower should be steamed for about five minutes or just until it is tender, and then seasoned and served immediately. Overcooking and long holding soften the texture, darken the color, and cause a strong flavor to develop.

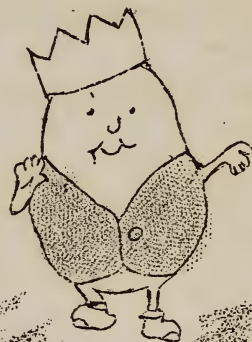
Serve cauliflower buttered, with chopped parsley, creamed, or with Hollandaise or cheese sauce.

### Carrots

Selection - Good quality carrots are firm, fresh in appearance, bright in color with smooth skins and even shapes. Most of the fall carrots are topped and packed in 50-pound bags. "Washed" carrots are clean and sell for a slightly higher price than the field run.

Nutritive Value - Carrots are a rich source of vitamin A and food service

6572(6)



managers who want to couple vitamin value with dollar economy will do well to include carrots frequently on their menus. Little of the vitamin A value of carrots is lost in cooking, so they are nutritious whether served cooked or raw.

Sales Appeal - Carrots are a popular vegetable and have increased greatly in popularity during the last 5 years, as evidenced by the fact that the present rate of consumption is more than three times that of 1940.

Carrots have become almost indispensable in large quantity cookery because they add color and flavor to soups and stews, and color and crispness to salads and relish trays.

The popularity of carrots as a cooked vegetable is influenced by the way they are cooked and seasoned. Carrots often are carelessly prepared because they hold their shape and color even when they are overcooked. However, customer acceptance cannot be gained and held if the carrots look well on the serving counter but lack flavor and seasoning when tasted.

Cooking - Carrots should be either steamed or cooked in a small quantity of boiling salted water. Steamed carrots should be seasoned with salt and melted butter or margarine before they are served. The carrot liquor left in the kettle may be served with the carrots or added to soup stocks and gravies.

Try varying the way in which carrots are served by garnishing them with parsley butter, or sprinkling with chopped mint leaves, or minced chives. Creamed carrots are more flavorful when a little of the cooking liquor is added to a cream sauce made with whole milk. Steamed carrots may be glazed in the oven by spreading them with corn sirup, maple sirup, or honey mixed with a little fat.

While carrots are abundant add them to soups, stews, pot roasts, and meat extenders.

Use shredded raw carrots frequently in salads. Some popular salad combinations are: shredded carrots and cabbage; shredded carrots, diced celery, and minced green pepper; shredded carrots, diced apples, and raisins; shredded carrots and diced pineapple molded in lemon or orange-flavored gelatin.

#### Storing Perishable Foods

Perishable foods, such as dairy products, meats, fish, poultry, eggs, fruits, and vegetables, should be inspected and stored as soon as possible after delivery.

The quality of the food served in a plant cafeteria depends not only on the quality of food purchased but on the conditions under which it is stored, and the length of the storage period. Proper storage of perishable foods helps to decrease waste, and to preserve the appearance, flavor, and nutritive value of foods. Not only should perishable foods be held under proper storage conditions but they should be placed in the refrigerator in such a way that the older foods will be used first.

Boxes and crates should be placed on racks or shelves in order to keep them dry and to allow for a free circulation of air.

Waste may be prevented by checking refrigerator supplies daily and adjusting the menu to include perishable foods that need to be used immediately.



Guide for Storing Fruits and Vegetables

1. Store fresh fruits and vegetables in a separate refrigerator at a temperature of 40° to 50° F.
2. Examine fresh produce carefully before it is stored and cull out over-ripe items.
3. Place crates of fruits and vegetables in an accessible position so that they may be used in rotation.
4. Do not stack crates of fruits and vegetables on the "bulge" side. Cross-stack them whenever possible to allow for a good circulation of air.
5. Use thoroughly ripened fruits and vegetables as soon as possible after they are delivered.
6. To ripen green fruits and vegetables, such as tomatoes, avacados, melons, peaches, and pears, place them in the dry storage room at a temperature of about 65° F.
7. Sort fruits frequently during storage and remove decaying pieces.
8. Do not remove paper wrappings from fresh fruits as they help to keep the fruit clean, prevent spoilage, and excessive drying.
9. Never store bananas in the refrigerator but keep them in the dry storage room--preferably at a temperature of 60° to 65° F.
10. Do not store sweetpotatoes, winter squash, and dry onions in the refrigerator. Store them in a well-ventilated room at a temperature of 40° to 60° F.
11. Store white potatoes away from the light in a moderately dry, well-ventilated room at a temperature of 40° to 60° F. Potatoes are susceptible to freezing and therefore should not be held in the refrigerator or where they may be frosted.

Provide a slatted platform raised about 6 inches above the floor on which potato sacks can be cross-stacked. This will allow for a good circulation of air.

Sort potatoes once in every 2 week and remove those that are spoiled and sprouted.

Place potatoes which may have been exposed to low temperatures (35° F. or lower), and have developed a sweet flavor, in a room at about 65° to 70° F. for a week to restore the original flavor.

12. Hold frozen fruits and vegetables at a temperature of 0° to 10° F. Frozen vegetables should be used while still in a frozen state.

Defrost frozen fruits for 24 hours at a temperature of approximately 40° F. and use them immediately after defrosting. Thawed fruits and vegetables should never be refrozen.

# November



## Menus for Special Lunches

(The menus given include approximately the quantities of meats, fats, and sugar allowed on the rations. They also feature the abundant foods, which are indicated by asterisks.)

1

Pork sausage  
Baked sweetpotatoes\*  
Swiss chard (or other greens)  
Enriched bread with butter or fortified margarine  
Baked apple  
Milk

2

Veal stew with potatoes\*, carrots\*, and onions  
Lettuce and tomato salad  
Whole-wheat bread with butter or fortified margarine  
White cake with orange filling  
Milk

3

Bacon omelet  
Baked white potatoes\*  
Spiced beets  
Enriched rolls with butter or fortified margarine  
Lemon meringue pie  
Milk

4

New England boiled dinner (potatoes\*, cabbage\*, and carrots\*)  
Whole-wheat bread with butter or fortified margarine  
Cherry cobbler  
Milk

5

Baked fish  
Scalloped potatoes\*  
Shredded cabbage\*, tomato, and green pepper salad  
Enriched bread with butter or fortified margarine  
Lemon meringue pie  
Milk

6

Spaghetti with meat balls  
Baked acorn squash  
Relish plate of celery curl, carrot sticks\*, rutabaga slices, green pepper ring  
Whole-wheat bread with butter or fortified margarine  
Chocolate pudding  
Beverage

7

Roast veal shoulder  
Browned sweetpotatoes\*  
Parsley buttered cauliflower\*  
Enriched bread with butter or fortified margarine  
Baked caramel custard  
Beverage

8

Baked beans with salt pork  
Shredded carrots\* and cabbage\* salad  
Fried eggplant  
Whole-wheat bread with butter or fortified margarine  
Applesauce and molasses cookies  
Milk

9

Chicken pie  
Buttered carrot\* strips  
Parsley buttered potatoes\*  
Whole-wheat bread with butter or fortified margarine  
Banana ice cream  
Beverage

10

Scalloped ham and potatoes\*  
 Green beans  
 Head lettuce salad with Thousand  
 Island dressing  
 Enriched bread with butter or for-  
 tified margarine  
 Apple Betty  
 Milk

11

Corned beef with cabbage\*  
 Steamed potatoes\* in jackets  
 Crisp carrot\* sticks  
 Enriched bread with butter or for-  
 tified margarine  
 Fruit cup with peanut butter cookie  
 Milk

12

Fried oysters (or fish)  
 Potatoes\* au gratin  
 Tossed green salad  
 Whole-wheat rolls with butter or  
 fortified margarine  
 Raspberry sherbet  
 Beverage

13

Baked eggs with cheese sauce  
 Baked potato\*  
 Shredded carrot\*, apple, and raisin  
 salad  
 Enriched bread with butter or for-  
 tified margarine  
 Chocolate cake  
 Beverage

14

Roast turkey with dressing  
 Mashed potatoes\*  
 Buttered cauliflower\*  
 Cranberry jelly  
 Enriched rolls with butter or for-  
 tified margarine  
 Steamed fruit pudding with lemon  
 sauce  
 Beverage

# TEN POINTS FOR ROASTING TURKEY

Correct roasting is slow cooking by dry heat on a rack in an open pan. No water is required, no basting, no cover.

Use low temperatures for better flavor better appearance, less shrinkage and less loss of juices.

The bird roasts evenly in a shallow pan which allows free circulation of heat. Place the bird on a rack that will hold it a half inch off the bottom, thus keeping it out of the juices.

Here are some simple directions for the roasting that will give top-flight results:

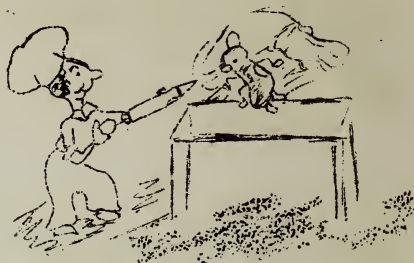
1. Rub cavity with salt (1/8 teaspoon for each pound of bird).
2. Fill out the neck with stuffing and fasten neck skin to back with skewer.
3. Stuff cavity well, but don't pack tightly.
4. Truss the legs and wings for even browning and good appearance on the platter.
5. Place on rack in shallow pan, and grease skin thoroughly with melted or softened cooking fat.
6. Cover top and sides of bird with a fat-moistened cloth, preferably clean white cheese cloth.
7. Place in a pre-heated oven set at the proper temperature indicated by the timetable for the size of turkey being roasted.
8. Do not sear. Do not cover. Do not add water.
9. Moisten cloth with fat from bottom of the pan if it dries slightly during roasting.
10. Turn bird breast up when about 3/4s done if breast meat appears to brown too slowly.



### THE USE OF DDT

There has been so much written about the insecticide DDT, used by the military forces during the war, that many industrial feeding operators have inquired about its use for killing cockroaches.

The experts in the Bureau of Entomology and Plant Quarantine tell us that, although DDT will kill roaches, they believe that pyrethrum is a better product to use for this purpose. The choice of pyrethrum is made partly because it is not toxic to man, whereas DDT in sufficient quantity is known to be poisonous.



Pyrethrum is a powder made from the blossoms of a rare plant. It is used either as a dust spray or as a petroleum-base spray. It kills the insect by asphyxiation immediately on contact.

During the war the supply of pyrethrum was reduced as Japan had been its largest producer, and the supplies from other sources were being used for military purposes. On September 30, 1945, pyrethrum was released from control by the War Production Board, and a good supply will soon be available for use in industrial feeding establishments.

### TRAY CHECKS

One of the dietary survey techniques that has developed in industrial feeding is that of the "tray check." The purchases of employees are checked as they leave the cafeteria line and an estimate is made of the nutritional value of the food selected. Similar checks have been made of box lunches.

From the standpoint of the recommendation that at least one-third of a worker's Recommended Food Allowances should be met by the mid-shift meal, it can be definitely stated that such surveys indicate a need for serious attention toward improvement of the food that our workers eat on the job.

### CARE OF REFRIGERATORS

1. Keep refrigerators immaculately clean. Wipe up foods spilled on floors or shelves, immediately.
2. Wash the walls and floors of refrigerators at least once a week with hot, soapy water. Remove shelves and scrub them thoroughly with a stiff brush.
3. Flush out drain pipes and traps at least once a week with hot water. Keep drains free from dirt and open at all times.
4. Be sure that doors fit tightly and maintain a constant temperature in the boxes by opening the doors as seldom as possible.
5. Defrost pipes and fan grills when the layer of ice becomes about 1 inch thick. Accumulated ice on the pipes reduces the efficiency of the refrigerator.